

# LYNN COUNCIL ON AGING SENIOR CENTER



## February 2016

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

#### LADY MUSIC

Christie brings her equipment to put on her show,  
Lugging speakers, poles, mikes, wires and more.  
After set up she opens the show with her song,  
"Que Sera...", Doris Day's hit of yore.

People come to the mike, taking turns, singing  
songs,  
Having fun, Karaoke style fun.  
Smiles abound; seniors dance, and the staff joins  
right in,  
As the magic of music is spun.

"Lady Music", sweet Christie, the source of our  
cheer,  
Brings that joy to us, once every month of the  
year.  
It's too bad that it's not once each week,

For our hostess is truly a fixture, so dear,  
Raising spirits and warming our hearts. That's why  
we're  
Fully charmed by that Christie mystique!

**John Joseph Gray  
"The Baritone Board"**

Thanks for 8+ years of music and fun to our charming Christina Connolly—  
artist, counselor and D.J. extraordinaire!

### From Your Mayor

I hope you all have had a wonderful start to 2016.

In January, we welcomed new City Councilors Brian LaPierre and Jay Walsh and School Committee members Jared Nicholson and Lorraine Gately. I wish them the best of luck as they serve out their terms and am confident they will work to lead our city in a positive direction.

We have a busy lineup of events at the Lynn Auditorium this month. On Feb. 5, the rock band Chicago will perform. Closing in on their 50<sup>th</sup> year, Chicago remains one of the world's best-selling groups of all time. We are excited to welcome them to Lynn. On Feb. 26, the auditorium hosts Disney in Concert, followed by a Night with Janis Joplin on Feb. 27. Fueled by such unforgettable songs such as "Me and Bobby McGee," "Piece of My Heart," "Mercedes Benz," "Cry Baby" and "Summertime," and a remarkable cast led by Tony nominee Mary Bridget Davies, "A Night with Janis Joplin" is a musical journey celebrating Janis and her biggest musical influences. For information and tickets, please call the Box Office at 781-581-2971.

At the Lynn Museum, the exhibit "From Sea to Sky: Outfitting for Travel," on view through Aug. 27, features objects from the museum's permanent collection, and includes textiles, accessories, artifacts, art and photography related to land travel, seafaring and aviation. The program is supported in part by a grant from the Lynn Cultural Council. Visitors can also see the museum's Abolitionist exhibition, which explores historical activity in the city and highlights a few of the national leaders. From early in the 1830s, Lynn was one of the notorious hotbeds of reform and abolitionism stirred constant debate in the city. A number of leading American abolitionists including Frederick Douglass, William Lloyd Garrison, the Hutchinson Family and Abby Kelley lived in Lynn.


Throughout the month, we will be celebrating a number of holidays, such as Groundhog Day, Valentine's Day and Presidents' Day. Hopefully Punxsutawney Phil does not see his shadow, and we can welcome spring a little sooner.

In the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, and Verizon Channels 28 and 37. Please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to continue keeping the roadways and sidewalks clear for you.

As always, stay safe and warm as we look forward to spring.

Best wishes,  
Mayor Judith Flanagan Kennedy

**CUFFE-McGINN FUNERAL HOME**  
  
 157 Maple Street • Lynn, MA 01904  
 Tel: **781-599-3901**  
 Fax: 781-598-2143  
 www.cuffemcginn.com

**PACE**  
  
 Elder Service Plan  
 of the North Shore, Inc.  
 • Primary and Specialty Medical Care  
 • Adult Day Centers • In-home Support and Care  
 9 Buffum St., Lynn  
 1-877-803-5564

**BANECARE**  
  
 ABBOTT HOUSE  
 and TIE SWAMPSCOTT WING, Lynn  
 www.banecare.com • 866-747-BANE

## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz  
Activities Assistant ext. 625

Pam Brito  
Program Coordinator ext. 618

### Hours of Operation:

Monday thru Friday

8 a.m. to 4 p.m.

## LCOA Board of Directors

**Albert DiVirgilio**

President

**Arthur Akers**

Clerk

**Edmund Brown**

**Frank LaMacchia**

**Lester McCLain**

**Charles Mitchell**

**Frances Taggart**

**Pearl Brown**

**Marlene Vasi Eddy**

**Minette Lall**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**

President

**Marie Pelligrini**

Vice President

**Deb Small**

Treasurer

**George Harvey**

Recording Secretary

**Roberta Abrams**

Membership Secretary

Next FRIENDS  
meeting,  
Feb. 25th 10am

## It's Tax Time!

### Tax Appointments Sponsored by AARP February 8th– April 11th

Partnered with AARP, the Lynn Senior Center offers free tax appointments to all registered seniors of the Lynn Council on Aging Senior Center.

Appointments are 1 hour long on Mondays, 9 am – 12 pm, starting February 8th and ending April 11th. Please be advised that there are two tax advisors so two seniors will have the same appointment time. *Please call Mayra at 781-586-8546 to reserve an appointment.* Expect a questionnaire in the mail that you are to fill out and bring in with you on the date of your appointment. No preparations will be completed without this intake form.

***Appointments are first come first serve and do fill up.***

## FEBRUARY HAPPENINGS

Trip sign-ups begin, Mon, Jan 25th

Tues, Feb 2 <sup>nd</sup>	Birthday Karaoke with Chrissy!	11:30 am – 1 pm
Thurs, Feb 4 <sup>th</sup>	Podiatry Appointments	10 am – 12 pm
Thurs, Feb 4 <sup>th</sup>	Veterans Coffee Hour	1 pm
	Resource Library	
Tues, Feb 9 <sup>th</sup>	Blood Sugar <u>AND</u> Blood Pressure Clinic	8 am – 9:30 am
Weds, Feb 10 <sup>th</sup>	Lunch Trip: Flaming Grille Revere	\$2
		10:30 am – 1:30 pm

### THURS, FEB 11<sup>th</sup> The Tommy Rull



#### Valentine Show!



12pm

*This program is supported in part by a grant from the Lynn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency*

Followed by...

Thurs, Feb 11 <sup>th</sup>	Ice Cream Social!	
	Ice cream & Strawberries	\$.25
		1pm
Fri, Feb 12 <sup>th</sup>	Lunch Trip: Flaming Grille Revere	\$2
		10:30 am – 1:30 pm
Mon, Feb 15 <sup>th</sup>	President's Day	Center is closed

### Tues, Feb 16<sup>th</sup> FREE Workshop: "Online Safety" Game Room 9:30 am

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present Consumer University with a focus on online safety. The presentation will include information about the Office and what we do. It will also cover how to be safe online and protect you from scams and identity theft.

Tues, Feb 16<sup>th</sup> Shopping trip & Lunch: Home Goods & Dockside Chelsea \$2 9:30 am  
**NEW!! ZUMBA CLASS FREE! FUN!**

**COME CHECK IT OUT!**

Starting Feb 18<sup>th</sup> Every Thursday 1pm  
 Dance Floor Zumba Gold pace

Fri, Feb 19<sup>th</sup> BROWN BAG: BOSTON FOOD BANK sponsored 10 am – 12pm

**Mon, Feb 22<sup>nd</sup> Bingo Bonanza \$11 1pm**

**Bingo sheet sales start at 11:30 am**

**First come- first serve coverall \$250\***

Weds, Feb 24 Lunch Trip: Floramos Cheslea \$2 11 am – 2pm

**R & R American**  
 (781) 595-9415 • Fax (781) 599-6994  
 Rod Deland, Proprietor  
 Complete Diagnostics:  
 STARTER  
 ALTERNATOR  
 ALL BRAKES  
 All Types of Repair  
 Specializing in Electronic Tune-ups  
 visit our website: [www.rramerican.com](http://www.rramerican.com)  
 109 Lynnfield Street • Lynn, Massachusetts 01904

**An Affordable Assisted Living Senior Residence**  
 Call Us For Information  
 (978) 927-2121  
 1 Mountain Square  
 Beverly, MA 01915

**Available Ad Space Just for You!**

# FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken & broccoli Alfredo Pasta Capri blend veg. Calories-747 Sodium-662 ALTERNATIVE Eggplant parmesan, WW pasta	<b>2</b> Turkey Milanese Mashed sweet potato Soup Calories-683 Sodium-898 ALTERNATIVE Arroz con carnitas(beef) Calories-755 Sodium-710	<b>3</b> American chop suey Mixed vegetables Calories-783 Sodium-558 ALTERNATIVE Cumin roasted pork,plantains Calories- 871 Sodium-624	<b>4</b> Sloppy Joe/hamburger bun Potato wedges Soup Calories-700 Sodium-845 ALTERNATIVE Dominican turkey,potato Calories-636 Sodium-1137	<b>5</b> Stuffed shells/ Tomato sauce Broccoli Calories-631 Sodium-956 ALTERNATIVE Braised chicken Calories-673 Sodium-720
<b>8</b> Boneless pork chop/gravy Sweet potatoes Collard greens Calories-761 Sod.-524 ALTERNATIVE Veggie burger/ hamburger bun Seasoned potato wedges Calories-549 Sodium-1056	<b>9</b> Chicken teriyaki Brown rice Stir fry veg. Calories-705- Sodium-607 ALTERNATIVE WW macaroni and cheese Soup Calories-662 Sodium-977	<b>10</b> Baked white fish Red potatoes Green peas Calories-653 Sodium-665 ALTERNATIVE Chicharon frito(pork) Red potatoes Green peas Calories- 850 Sodium-600	<b>11</b> VALENTINE'S DAY SPECIAL Beef Bourguignon Mashed sweet potatoes Green beans Dinner Roll Valentine Heart Cookie Calories-854 Sodium-437	<b>12</b> Salmon/dill sauce Rice and chick peas Calories-665 Sodium-663 ALTERNATIVE WW cheese pizza Broccoli Calories-721 Sodium-1017
<b>15</b> HOLIDAY NO MEAL SERVICE	<b>16</b> Latin pork/gravy Plantains Soup Calories-803 Sodium-500 ALTERNATIVE Tomato chili chicken, rice Calories-651 Sodium-800	<b>17</b> Lasagna/tomato sauce Broccoli Calories-517 Sodium-521 ALTERNATIVE Curried beef, rice & beans Calories-752 Sodium-458	<b>18</b> Shepherd's Pie Soup Calories-705 Sodium-497 ALTERNATIVE WW baked pasta/ mozzarella Calories-660 Sod.-905	<b>19</b> Fish sandwich Potato wedges Peas Calories-725 Sodium-900 ALTERNATIVE Caribbean chicken Calories-839 Sodium-594
<b>22</b> Roast turkey Florentine Crispy potatoes Mixed veg. Cals.-804 Sod.-1188 ALTERNATIVE Arroz con carnitas(beef) Calories-780 Sodium-725	<b>23</b> Meatballs/Tomato sauce Pasta Soup Calories-673 Sodium-662 ALTERNATIVE Tilapia/tomatilla salsa, rice Calories-719 Sodium-562	<b>24</b> Parmesan spinach pasta bake Mixed vegetables Calories-793 Sodium-1000 ALTERNATIVE Turkey creole,yucca, mixed veg. Calories-773 Sodium-1327**	<b>25</b> Chicken cacciatore Pasta Soup Calories-768 Sodium-784 ALTERNATIVE Stewed beef, rice Calories-873 Sodium-417	<b>26</b> Salmon/dill sauce Yellow rice Calories-700 Sodium-615 ALTERNATIVE Chicken creole, rice Calories-733 Sodium-575
<b>29</b> Hamburger/cheese slice Seasoned potato wedges Cals.-808 Sod.-1338** ALTERNATIVE Cerdo asado(pork), potato Calories-741 Sodium-1110	MEALS SUBJECT TO CHANGE WITHOUT NOTICE.	CALORIES AND SODIUM LISTED ARE FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, MARGARINE AND DESSERT.	Requested Donation is \$2.00 per meal	MEALS MARKED WITH ** INDICATE HIGH SODIUM MEAL(MORE THAN 1200 MG PER MEAL)

# SENIOR CENTER ACTIVITIES • FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			



## OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051





## Life Care Center of the North Shore

Joint Commission accredited

**Skilled Nursing**  
**Short-Term Rehabilitation**  
**Sub-Acute Care | Respite Care**

Distinctly Different  
**781-592-9667**  
 111 Birch St.  
 Lynn, MA 01902  
 LCCA.com

**Hatch Hearing Aid Center**

*"You Should Hear  
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR  
AD  
HERE**

**CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR  
90FT**

ADAPTIVE UNITS

## CASINO TRIPS

### Departs from Lynn Senior Center

**Foxwoods \$28**

7 am - 6:30 pm

Tuesdays:      April 19<sup>th</sup>  
                          May 17<sup>th</sup>  
                          June 21<sup>st</sup>  
                          July 19<sup>th</sup>  
                          Aug 16<sup>th</sup>  
                          Sept 20<sup>th</sup>  
                          Oct 18<sup>th</sup>  
                          Nov 15<sup>th</sup>



### Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.



*Bonus package: \$10 food coupon for retail food vendors or free buffet  
 Plus \$10 bonus slot play added to your rewards card on  
 the bus before entering casino. Remember to bring your  
 rewards card!*

**Tanger Outlets at Foxwoods  
Now Open!!**



## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Feb 3rd	Arthur	1981	PG	97 mins
Feb 10th	Moonstruck	1987	PG	107 mins
Feb 17th	Beethoven	1992	PG	87 mins
Feb 24th	I'll See You in My Dreams		PG	85 mins



Don't be shy! Let us know if there's a movie you would like to see!  
 Even if it's in the theatre now, we can queue it for months later.



## **JOBS!**

### **Part Time Meals on Wheels Driver**

This position is based out of Saugus and is responsible for delivering meals to homebound elders in Lynn, Lynnfield, Saugus, Swampscott and Nahant. Driver will pack, carry and load the meals into company van and then walk to deliver the meals to consumers who are in homes or housing communities. **Qualifications:** Must have a vehicle, a valid license and a good driving record which has to be submitted at time of interview, with no surchargeable incidents within the past 3 years. Must have a HS diploma or equivalent. Must be 21 years of age. Lifting requirements of up to 50lbs must pass fit for duty and TB test. **Hours:** Part Time, 25 hours per week - Monday – Friday

### **Per Diem Meals on Wheels Driver**

This position is responsible for delivering meals to homebound elders in Lynn, Lynnfield, Saugus, Swampscott and Nahant. Driver will pack, carry and load the meals into company van and then walk to deliver the meals to consumers who are in homes or housing communities. **Qualifications:** Must have a valid license and a good driving record which has to be submitted at time of interview, with no surchargeable incidents within the past 3 years. Must have a HS diploma or equivalent. Must be 21 years of age. Lifting requirements of up to 50lbs, must pass fit for duty and TB test. **Hours:** As needed to cover call outs and vacations. Must be available between the hours of 7:30 am to 12:30 pm, Monday-Friday.



WE MAKE IT HAPPEN

*Call for a free Consultation Or Visit us online*

**Home Health Services**

45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)

## **KEEP WARM- KEEP SAFE**

Think safety first when heating your home this winter!

Heating is the #2 cause of home fires in Massachusetts causing over 14,000 fires over the past five years. Use your home heating system and space heating appliances wisely and responsibly.

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.

### **Free carbon monoxide detectors to Lynn Home Owners, 60 and over...**

Call Mayra and have your name and info added to a list for a home visit.  
Sponsored by the Lynn Fire Department.

**Place Your Ad**



## Wellness Watch February 2016

February is American Heart Month. The heart is responsible for pumping blood throughout the body, and without it you can't survive. It's important to take time and understand the best way possible to protect your heart and keep it healthy. One way to do so is avoid smoking cigarettes and cigarette smoke. Cigars and Pipes should also be avoided as they increase risk of heart disease as well. Smoking causes many premature deaths throughout the United States, and increased risk of being diagnosed with many chronic disorders including atherosclerosis, which is when fatty substances build up in the arteries. Atherosclerosis can lead to coronary heart disease, therefore reducing atherosclerosis can prevent a heart attack. Other risks of smoking include increased blood pressure, blood clots, decreased HDL (good) cholesterol, peripheral artery disease and aortic aneurysm. Increased blood pressure can stretch out arteries and cause scarring. Fat can then get stuck in the scars and create blood clots. The blood clots can then lead to strokes, which create great health concern. Strokes can be caused by a bleeding due to a weakened blood vessel or from blockages and clots that cut off blood flow to the brain. Both types of strokes are risks for people who smoke.

Smoking affects the lungs and a person's ability to breathe. It leads to chronic lung disease where tubes and sacs in the lungs lose their elasticity and impair oxygen exchange. Without proper oxygen exchange, the body's function decreases due to lack of oxygen throughout the body. Smoking also impairs the small hairs, cilia, in the lungs that work to remove harmful particles. Toxins can become trapped in the lungs and one can't cough, sneeze or swallow properly. These toxins also create risk for heart disease, stroke and cancer. Chronic obstructive pulmonary disease includes emphysema and chronic bronchitis. Emphysema occurs when the air sacs in your lungs lose elasticity and deteriorate. Chronic bronchitis occurs when there is swelling in the lining in the tubes in your lungs and breathing is restricted. Both emphysema and chronic bronchitis are directly related to smoking.

Second hand smoke or environmental tobacco smoke is also a risk factor for a damaged heart. The risk for stroke increased 20-30% for someone who inhales second hand smoke. Approximately 34,000 adults die each year as a result of smoke from other people. It is vital to avoid environmental tobacco smoke as much as possible. If you live in an environment with someone who smokes be the support they need to quit.

It's never too late to quit smoking or to start healing your heart. For more information visit <http://www.heart.org/HEARTORG/>

Kelsey Spotts Wellness Program Coordinator



## The Kiosk for Living Well

It's an odd combination – a couple of ancient president's birthdays and an abundance of hearts suggesting love and friendship. All in one month!

Come to the Kiosk for Living Well in February to test your Trivia skills around *both* holidays. That's just one of hundreds of programs we offer.

In February, you can also have your blood pressure checked before and *after* Valentine's Day. **The Million Hearts Nurses and our Community Health Workers will be at the Kiosk on Tuesday, February 9th and Thursday, January 25th from 9:30-11:30.**

**Sylvia, our Falls Prevention Specialist will be at the Kiosk during the first week of the month, on Thursday, February 4<sup>th</sup> from 9:00-11:30.** Working inside on your balance makes traveling outside in winter weather much safer!

*The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.*

**Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.**



# FEBRUARY

F E B R U A R Y T S W I G  
 C S T H E M O S D A S R T  
 M A I S S P Y R S E O L L  
 Y E P D O H A H F U Y S A  
 R A L R T C I E N N A T Q  
 A L T E I N H D V L D N U  
 U E M M G C H O N O I E A  
 R A T T H O O S V C L D R  
 B Z O K G R B R T N O I I  
 E N J F V K G G N I H S U  
 F W F L O W E R S L L E S  
 N R E N I T N E L A V R C  
 V K V I O L E T K C C P T

Amethyst

Aquarius

Capricorn

Cards

February

Flowers

Groundhog

*Happy  
Valentine's  
Day*



Holiday

Lincoln

Love

Presidents

Valentine

Violet

Washington

## COMPUTER CLASS NOTICE

The Lynn Senior Center welcomes our new computer class instructor, Livan Adames. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. **Either sign up in person at the center or mail your check to:**



**LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration.

**Questions?? Call Mayra 781-586-8546**

**-Slow paced learning geared to seniors**

**- Learn at your own pace**

**-Individualized attention to your level**

**-Offered in English and Spanish**



### **Introduction to Computers & Windows 7**

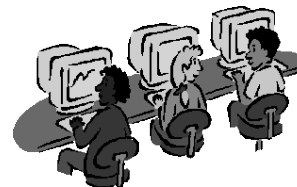
**11:00 a.m. – 12:00 p.m.**

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

#### **Next Sessions:**

**March 2nd, 9th, 16th, 23rd & 30th**

**April 6th, 13th, 20th, 27th & May 4th**



## **Women's Education & Support Groups**

### **ARE YOU AN ADULT AGE 50 OR OLDER WHO HAS EXPERIENCED ABUSE?**

**You Are Not Alone.  
We Can Help.**

**JOIN ONE OF OUR  
EDUCATION AND SUPPORT  
PROGRAMS FOR PEOPLE  
LIVING WITH SIMILAR  
CHALLENGES.**

Are you a woman  
who has experienced  
abuse by an intimate  
spouse or partner?

Are you an older  
adult who has been  
abused by a child  
or grandchild?

**CONTACT:**  
Katie Galenius  
781-599-0110

**GLSS**

**Greater Lynn  
Senior Services**

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~ Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karoumpalis

Thank you for your generous donation  
and GE Matching gift  
~ Anonymous

Thank you for your donation  
~ Irene Noel

In appreciation of all the GLSS staff  
for their hard work and dedication.  
~ Inky and Kiki Chaiton

Thank you for your generous donation  
~ Robert Gallucci



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
☐

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Donated by: \_\_\_\_\_



**An Affordable Senior Residence**

**1 Monument Square  
Beverly, MA 01915**

**Call us for information (978) 927-2121**



**Home Healthcare  
Professionals**

Private customized  
home care services specializing  
in elderly and chronic care

For more information or  
FREE no-obligation assessment call

**781-245-1880**

online at [www.abchhp.com](http://www.abchhp.com)

233 Albion Street Wakefield

**Committed to Life at Home**

**HELENE M. AHERN, F.S.C.**

Catholic Cemetery Assoc.  
Archdiocese of Boston INC

226 North St., Salem, MA 01970

**C: 781-953-6753 FX: 978-740-9528**



# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### BLOOD SUGAR & BLOOD PRESSURE

February 9th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



### PODIATRIST



February 4th & 25th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

### HEARING CLINIC

February 2nd

10:00 am—11:00 am



### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
LYNN, MA  
PERMIT NO. 56